

Ketchikan Pioneer Home

141 Bryant Street
Ketchikan, AK 99901



AUGUST 2020
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Greetings from our Social Worker



Hi Everyone! For those of you who might not know me, my name is Tandra Thompson. I serve as the Social Services Coordinator, Admissions Coordinator, and Elder Advocate.

Here are some Social Services updates:

THE EDEN ALTERNATIVE-Improving the well-being of Elders and those who care for them by transforming the communities in which they live and work.

Recently I enrolled in the *Eden Alternative* Certified Associate Training Program that is an online

(Zoom) class collaborating with hundreds of Assisted Living Homes across the nation. The *Eden Alternative* believes that: "In a culture that typically views aging as a period of decline, the Eden Alternative philosophy asserts that no matter how old we are or what challenges we live with, life is about continuing to grow. Building on this new paradigm, it affirms that care is not a one-way street, but rather a collaborative partnership. All caregivers and care receivers are described as "care partners," each an active participant in the balance of giving and receiving. Together, care partner teams strive to enhance well-being by eliminating the three plagues of loneliness, helplessness, and boredom."

Eden defines LONELINESS as the pain we feel we want, but cannot have companionship.

Eden defines HELPLESSNESS as the pain we feel when we always receive and never give care.

Eden defines BOREDOM as the pain we feel when our lives lack variety and spontaneity.

Eden refers to these terms as the "THE THREE PLAGUES".

The ANTIDOTES to the three plagues are LOVING COMPANIONSHIP, OPPORTUNITIES TO GIVE, UNEXPECTED and UNPREDICTABLE INTERACTIONS.

I have been so eager to share what I have been learning, and the Administrative staff has been so supportive in me doing so. We have already had two mandatory trainings for staff- one being on "The Three Plagues and their Antidotes" and the other on "Communication and Elder-Speak" (Using language that is natural, not medical, and aims to preserve the dignity of the elders). I have gotten a lot of positive feedback about the trainings and I plan to keep them coming! When the dreaded COVID is better, and families can resume their normal visitations, I plan to have a training that includes family members and friends who have loved ones at the Pioneer Home!

OUT OF THE OFFICE

Lastly, I want to let everyone know that I will be out of the office most of August for a needed surgery. Please call the front desk at 225-4111 and we will direct you to the appropriate person.

Regards,

Tandra Thompson

907.228.3365 tandra.thompson@alaska.gov



**VOTE! VOTE! VOTE! It is
time to VOTE!**

Given the importance of access for Elders to the voting process, we decided that Tandra Thompson would assist the Elders to complete the absentee voting form, as well as register to vote if needed.

Tandra conducted a general competency test with a baseline of criteria that was appropriate and needed in order to obtain a signature on these forms. If Elders were able to state clearly their name, their birthdate and their wishes to vote, we would proceed with assisting them to fill out the document. Ballots will be mailed to each of them individually and we can provide assistance in returning these ballots to the proper place. If you have questions about if your loved one did, or did not, sign up to vote please contact TANDRA THOMPSON at 228-3365.

Congratulations on your state service!



10 Years



15 Years



10 Years



5 Years

STAFF BIRTHDAYS

Chantel (CNA) 8/10

Jason D. (CNA) 8/11

Michelle (Nursing) 8/17

Carmelita (CNA) 8/23

Ace (NMS) 8/27

Orrin (CNA) 8/27

Rodger (CNA) 8/28

Shiena M. (CNA) 8/29

Ana S. (CNA) 8/29

Elsie C. (CNA) 8/30

LET's VISIT

**AT THIS TIME, THE STATE OF ALASKA PIONEER
HOMES ARE LIMITED TO THE FOLLOWING TYPES OF
VISITS WITH THE RESIDENTS:**

Scheduled appointment in designated area

(Contact the KPH Activities 228-3372)

Video Chats via Facetime/Google Duo/ZOOM

(Contact KPH Activities 228-3372)

Window Visits at designated window on each floor

(Contact neighborhood CNA station)

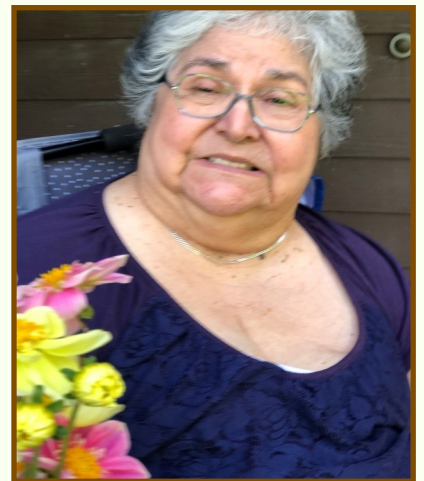
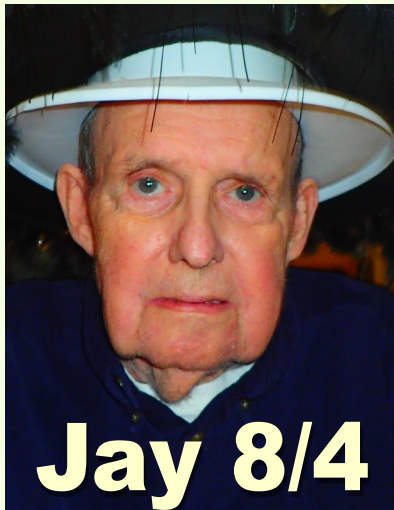
Telephone Calls

(Contact neighborhood CNA station)

**WE APPRECIATE YOUR UNDERSTANDING AND FLEXI-
BILITY AS WE CONTINUE TO ENSURE A SAFE AND
HEALTHY ENVIRONMENT FOR ALL.**

SATURDAY MARKET

August 29th 10am



**AUGUST
BIRTHDAYS**





The Elders enjoyed a GARDEN TEA PARTY on July 24th. From the hanging umbrellas to the ceiling to the florals from our greenhouse garden, our event was picture perfect! In preparation for the event, the Elders helped with the centerpieces, baking sweet treats and dressing up with fancy hats. We also took a moment to honor bride to be ARLENE (married 8/1/20). It was a special time for all.





Remembering

V₄

I₁

R₁

G₂

I₁

L₁



From driving that red scooter to wearing the plain white t-shirt; from the “thumbs up” positive attitude to your friendly welcoming smile; from those intense games of scrabble to calling a winning BINGO—we will surely miss you VIRGILIO! You always brightened up our days here at KPH as well as with your friends at Rendezvous Senior Services. You will be remembered...



WESTERN WEEK 08/17 to 08/21

MON: 8/17 MOOVE it MONDAY

Denim & Dance...Let's MOOVE Your Feet—Learn a Line Dance in your Best **DENIM OUTFIT**

TUE 8/18: TROTting Tuesday

Get your **PLAID** out and show us your best LASSO Techniques to wrangle up the horses and cattle!

WED 8/19: WILD WILD WEST Wednesday

Join us at our Chuckwagon BBQ Luncheon followed by RODEO BINGO! We will also be crowning the best dressed so pull out your best **COWBOY/COWGIRL Western** outfit for a chance to win a prize!

THUR 8/20: THIRSTY Thursday

Refreshing beverages will be available at the Watering Hole! We are looking for those "WANTED" **BANDANA** Bandits—hope you got a Bandana to wear while you take a picture of you at our photo booth! You can also test your shooting skills at our saloon!

FRI 8/21: FARMER Friday

Put on your boots and **OVERALLS/SUSPENDERS** to enjoy a visit with the farm animals and then later you will try your luck at the Gold Mine!

Hey Y'All - Save the Dates!

Q&A CORNER

COMMON QUESTIONS	FAMILIES ROLE	KPH STAFF ROLE
How do we schedule a Face to Face Visits or Video Chat (Via Face Time or Zoom) with my loved one?	Call Activities Office at 228-3372. It is helpful to give adequate notice to see what timeslots are available.	Activities Department will provide timeslots/days of available appointments. Activities team is responsible for the check in process and monitoring the Appointment visits.
How do we contact our loved one by phone or arrange for a window visit?	<p>Call the CNA desk station or Nurse on Duty at least ONE hour prior to your requested time.</p> <ul style="list-style-type: none"> GardenView (2nd) 228-3359 Fireweed (3rd) 228-3363 Tongass (3rd) 228-3366 NURSE on DUTY 228-3352 	CNAs will provide a time to families on when they can bring your loved one to the designated window area or telephone for you to have communication. These visits are not monitored. Elders cannot leave premises for window visits. It is recommended that visitors still wear masks.
Who transports loved one to Appointments or EMERGENCY ROOM?	<p>APPOINTMENT: Family is responsible to accompany resident at appointment. If family schedules appointment, please notify nursing and discuss if transport is available</p> <p>ER VISIT: Family responsible to accompany/meet loved one at ER. In addition, family will make arrangements for return from ER if KPH staff is not available.</p>	<p>APPOINTMENT: If KPH schedules appointment, the KPH Nurse informs family of appointment day/time. KPH will provide transport if staffing allows.</p> <p>ER VISIT: KPH Nurse will notify family that loved one is going to ER and arrange for transport via KPH van or ambulance.</p> <p>If staffing allows, KPH will provide transport back from the ER.</p>
How can I bring items to my loved one or how can they return items back to family?	Place items in a bag and clearly label it with Elder's name. A "DROP OFF" cart is available in the foyer area by the main entrance (1st floor).	Staff frequently monitor the cart and will deliver items to Elder. If there are items that Elder is returning/sending to family, KPH staff will clearly mark bag as a "PICK UP" item for the family.